

LEARN FROM GUJARAT

Gujarat is among the frontline states of India where individuals and the government together promote entrepreneurship and culture of industry. There is good reason the the leaders in J&K to look at the Gujarat model of development that renders all social difference irrelevant with the all round development. The Model attributed to the vision of Prime Minister Narendra Modi who was four times Chief Minister of the state, has shown the power of prosperity and growth. It's result of this ecosystem that Vadodara was chosen for setting up of India's first private venture for production of military aircraft, including the Airbus C295. Spanish President Pedro Sanchez inaugurated the Tata Aircraft Complex under the make in India plan. Here is a thought for the leaders of JK&K. Instead of focusing on the past events and raking up irrelevant issues, they must think on what they can do for the people of J&K. It hardly matters if J&K is a state of a UT to people because their problems need resolution. The problem with the current ruling party in J&K is the sense of entitlement its leaders thought they had. Barring the bloodless land reforms, it's hard to remember a single administrative decision or an aspect of governance that the National Conference is known for. However, there is a chance for Omar Abdullah to redeem his party's image. Omar doesn't carry a personal burden of 1948 and therefore he is in a better position to make a difference this time. His association with other chief ministers should make him aware that his government must grab opportunities of development in a regime at the tcenter which ios favourably displosed towards the people of J&K. He must put a ban of his partymnt speaking incessantly on Pakistan and the "Masala-e-Kashmir (The Kashmir issue)."

Ayurveda Day: Celebrating innovations for global health and wellness

RAJESH KOTECHA

Over the last decade, the Ayush sector has undergone a significant transformation, largely due to the initiatives led by Prime Minister Narendra Modi. This revolution in traditional Indian medicine has created new opportunities for various stakeholders, including industry professionals, traders, and healthcare practitioners. Since its establishment in 2014, the Ministry of Ayush has successfully integrated Ayush into mainstream healthcare, driving innovation, research, and gaining global recognition. The ministry's strategic focus encompasses public health, technology, education, globalisation, and quality control, ensuring that Ayush products and services are safe and of high quality.

This comprehensive approach aligns with the goals of universal health coverage and sustainability, contributing to the sector's growth, increased public awareness, and a rising demand for Ayush healthcare systems worldwide.

Ayurveda Day is celebrated on the occasion of Dhanteras to honor Lord Dhanvantari, the deity revered as the physician of the gods and the God of Ayurveda.

This year, Ayurveda Day will be observed on October 29, 2024, with a renewed focus on the theme "Ayurveda Innovations for Global Health." Since the Ministry of Ayush initiated Ayurveda Day in 2016, the event has expanded into a global celebration. The emphasis this year is on showcasing Ayurveda's potential to improve global health through innovative practices and natural treatment methods.

Ayurveda's core strength lies in its holistic approach to health, which emphasizes prevention, health promotion, and natural healing. With the growing global demand for integrative health-



care solutions, Ayurveda is gaining recognition as a viable and sustainable alternative. Recent advancements, supported by scientific research, have increased the global reach and acceptance of Ayurvedic practices. One of the most notable contributions of Ayurveda to modern healthcare is the innovative use of herbal medicine. It is reported that over 95% of Ayurvedic interventions are based on herbal treatments, utilizing the healing properties of nature. As scientific research continues to validate the effectiveness of Ayurvedic herbs and therapies, the demand for these natural solutions is rapidly increasing worldwide.

The rise of non-communicable diseases (NCDs) such as diabetes, cardiovascular disorders, and cancer has highlighted the need for natural, pre-

ventive healthcare solutions. Ayurveda, with its focus on holistic well-being, offers a unique approach to managing these conditions.

Additionally, the growing problem of antimicrobial resistance requires alternative treatment methods, and Ayurvedic remedies, rooted in herbal medicine, present sustainable options. As climate change exacerbates health risks, Ayurveda's emphasis on lifestyle management, mental health, and care for the elderly provides resilient solutions for vulnerable populations. Moreover, as societies face challenges like nutritional disorders and mental health crises, Ayurveda's approach to balancing the body and mind becomes increasingly relevant.

Ayurveda is not a static system; it evolves continually through ongoing

research and innovation. Recent advancements in fields such as genome sequencing and nanotechnology have revealed parallels with traditional Ayurvedic concepts like Prakriti (body constitution) and Bhasma (herbal-mineral formulations). These modern innovations help bridge the gap between traditional practices and contemporary healthcare, making Ayurvedic treatments more accessible and scientifically validated.

Ayurveda as a proactive health strategy that can boost immunity, mental clarity, and overall well-being. The alignment of Ayurvedic innovations with the SDGs and Universal Health Coverage (UHC) underscores its potential to provide accessible, affordable, and inclusive healthcare. The 2024 Ayurveda Day will mark several important milestones that reflect the growth and integration of Ayurveda into mainstream healthcare.

The Ministry of Ayush is accelerating this progress through the construction of Phase II of the All India Institute of Ayurveda in New Delhi and the establishment of six new Centers of Excellence to promote innovation and research in traditional medicine. Plans to develop the Central Research Institute of Yoga and Naturopathy (CRIYN) in Odisha, Chhattisgarh, and Andhra Pradesh aim to enhance the promotion of holistic health practices.

The celebrations for Ayurveda Day 2024 will include a variety of engaging activities, such as creative exhibitions, Ayurveda quizzes, medical camps, and Prakriti Parikshan (body constitution analysis). Initiatives like "Ayurveda in My Kitchen" and "Ayurveda in My Vatika" will emphasise the practical application of Ayurvedic principles in daily life.

(The writer is Secretary Ministry of Ayush; views are personal)

UNLOCKING THE DIVINE ENERGIE

Ashwinini Guruji

The universe operates under the influence of various shaktis (divine energies). As one advances in yogic practice (sadhana), these energies can be experienced directly. Each of the 365 days is associated with a specific shakti, which is why maintaining discipline and consistent daily practice in yoga is crucial. Missing even a single day can disrupt the connection with that day's shakti, potentially setting back the entire year's sadhana. In the cosmos, every element is interconnected, so when one aspect is neglected, it affects everything—our body, the Earth, and even other planets and stars. Each shakti is associated with a day, but accessing these energies does not require rituals. In yogic and tantric traditions, sadhana alone is the key to connecting with shakti. Understanding the form (swaroop) of each shakti is essential. While every form has a specific name, names are revealed only after the body is prepared through particular sadhanas. At a basic level, when you meditate (dhyana) with your guru, you may see different forms manifesting in them, such as the sun or the moon. Have you ever wondered what these forms signify?

Many practitioners have reported see-



ing the sun during meditation. What makes the sun so significant? If you observe the sun at sunrise or sunset while focusing on the Manipura chakra (navel centre) and chanting the mantra "Ram," you will notice a glow emerging in your body. Within a month, you may begin to look noticeably different. However, a word of caution—any yogic practice should be undertaken under the guidance of a guru who can adapt it to your capacity. Similarly, the moon is a fascinating energy source. It merely reflects the sun's light, yet it can influence tides and even the Earth's surface during a full moon. Have you ever considered

what makes the moon special? On full moon nights, animals may behave aggressively, and incidents of accidents and conflicts tend to rise. These are just basic observations that hint at something deeper about these celestial forms. Understanding their true nature requires direct experience, which is attainable through the proper practice of Sanatan Kriya. The moon may appear calm and peaceful, but it is actually more

volatile than the sun. When you observe the moon under a guru's guidance, you can perceive the mantras embedded within its form. Some shaktis are not directly visible and can only be accessed through other shaktis. These experiences form the foundation of yoga. Without direct experience, yoga remains incomplete. Nature, with all its wonders—from flowers of various colors to the sky above—contains the hidden forms of shaktis. If you observe these elements without blinking, under the guidance of a guru, you may find that your physical and mental imbalances begin to dissipate. However, discipline

(niyam) is essential. The practice must be continuous, and disruptions will occur if one lacks the capacity for the shakti or does not have a guru to guide them.

Everything around us contains the essence of shakti, and these energies are easily accessible. When one becomes steady and focused on a particular shakti, it starts to follow them, empowering their life. The nine days leading up to Diwali hold special significance because of the congregation of specific shaktis during this period. Our ancestors advised observing celibacy (brahmacharya) during these days to strengthen the body and prepare it to receive these energies. During this time, keep your mind centred within yourself, as the sadhana performed during these nine days is equivalent to months of practice. As Diwali approaches, especially on Amavasya (the new moon night), when we light diyas, it is an opportune time for shakti sadhana. Even a layperson who is not an experienced practitioner can perceive the swaroop of shakti by sitting with closed eyes in meditation. With a pure heart, one can experience these divine energies without any elaborate rituals. Let this Diwali be a time to connect with the powerful shaktis, embracing their presence to enrich your spiritual journey.

Embracing Ayurveda: Bridging tradition with modernity on Ayurveda Day

Prataprao Jadhav

World Ayurveda Day, celebrated each year on the auspicious occasion of Bhagwan Dhanvantari Jayanti, offers a profound opportunity to honour Bharat's rich heritage of health and well-being. This year, on October 29, 2024, we come together to recognise Ayurveda—not just as an ancient healing practice but as a living tradition that continues to inspire and transform lives worldwide.

Rooted in the principles of balance and harmony, Ayurveda guides individuals to achieve holistic wellness by understanding their unique mind-body constitution and aligning with nature's rhythms. Its timeless knowledge promotes preventive care, natural treatments, and a lifestyle that supports physical, mental, and spiritual health. Ayurveda's reach has grown from ancient India to touch people across the globe, embodying Bharat's gift of wellness to the world.

As we celebrate Ayurveda Day, let us commit to embracing and preserving this invaluable heritage. Ayurveda, the revered "science of

life," represents one of the oldest and most comprehensive systems of holistic medicine.

Originating in ancient India, Ayurveda focuses on achieving balance within the body, mind, and spirit. In recent years, Ayurveda has gained remarkable global recognition, a testament to PM Modi visionary approach to integrating AYUSH practices, including Ayurveda, with modern healthcare.

His leadership, underscored by the establishment of the Ministry of AYUSH as an independent entity in 2014, set the stage for Ayurveda's transformation into a mainstream, globally respected healthcare approach. The government has since pioneered several initiatives to promote and expand Ayurveda's reach. Through partnerships with research institutions, academic centres, and healthcare organisations worldwide, India has emphasised evidence-based studies, technological advancements, and policy support to bring Ayurveda to a broader audience.

Moreover, the government's efforts to encourage innovative collabora-



tions and cross-cultural exchanges have fostered an international appreciation of Ayurveda's preventive and holistic benefits. As we witness Ayurveda's evolution on a global scale, its emphasis on wellness, natural healing, and preventive care resonates more than ever, addressing modern health challenges and reasserting Bharat's invaluable contribution to the world of medicine and wellness. Ayurveda, often regarded as

the "science of life," is deeply rooted in ancient Indian philosophy, drawing from the foundational ideas of Sanatan philosophical schools around the 2nd century BCE. Its development was heavily influenced by the Vaisheshika school, known for its focus on natural principles and the categorisation of elements, and the Nyaya school, which emphasised logic, reasoning, and structured analysis.

These schools laid a framework that allowed Ayurveda to develop a systematic approach to health, emphasising diagnosis, observation, and inference based on natural laws. Furthermore, Ayurveda's conceptual foundation aligns with Samkhya philosophy, a school that delves into the nature of existence, consciousness, and the duality of mind and matter. Samkhya's insights into the interaction between Purusha (consciousness) and Prakriti (matter) provided Ayurveda with a comprehensive understanding of the body-mind connection, integral to its approach to health and wellness. Together, these philosophical influences cultivated Ayurveda's holistic view of human life, wherein health is perceived as an intricate balance between mind, body, and environment.

This synthesis not only strengthened Ayurveda's theories of doshas (biological energies) but also fostered an awareness of how lifestyle, diet, and mental states directly impact physical well-being. Thus, Ayurveda emerged as an interdisciplinary science, rooted in empirical observation

yet deeply philosophical, ultimately offering a framework of healing that remains both relevant and insightful in understanding modern health.

Prime Minister Narendra Modi has been a pivotal force in promoting the integration of Ayurveda with contemporary health sciences, fostering a healthcare model that values both preventive and holistic approaches. His vision underscores a sustainable healthcare framework where traditional systems of medicine, such as Ayurveda, play an essential role in enhancing the quality of life.

This approach aligns with his broader agenda of sustainable health solutions for all, recognising Ayurveda's unique preventive and curative strengths rooted in millennia-old wisdom. Central to this vision are initiatives like the National AYUSH Mission and the establishment of Ayush Health and Wellness Centres (AHWCs), now known as Ayush Arogya Mandirs. These initiatives aim to reshape India's healthcare landscape, making AYUSH a socially viable, affordable, and complementary alternative to allopathic medicine.